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# Notes from the newsroom



The presidential race of 2008 has been one for the ages with a woman, Hillary Clinton, and a black man, Barack Obama, competing for the Democratic nomination,

trading victories up until June when Clinton conceded defeat and threw her support behind Obama.

It doesn't surprise me so much that a woman actually ran for president. What surprises me is that a woman actually came close to being named the Democratic nominee. Perhaps if Obama had picked another year to run, then Clinton would have made it all the way. Who knows? The point is that she made it as far as she did receiving some 18 million votes during the grueling caucus and primary schedule. Her

ardent supporters are still having a hard time getting behind Obama as some seem to feel it was simply Clinton's turn. Obama is too young, too inexperienced, hasn't paid his dues.

Thinking back to when I was a teenager and was starting to understand what politics and voting was all about, I never thought during my lifetime that I would ever see either a woman, or a person of color, occupy the highest political office in the United States of America. That fact saddened me, but somehow I was resolved to the status quo. Thank goodness not everyone accepted the status quo as an unchangeable fact.

Hillary Clinton and Barack Obama didn't. These two strong, political figures didn't let glass ceilings or racism stop them from pursuing their lofty goals.

Anyone who has children knows that when your child comes up to you and says, "I'm going to be President of the United

States when I grow up," it is your job to say, "Of course you are honey." Building confidence in children and letting them believe they can be anything they want to be when they get older is a parent's responsibility. The great thing is, in light of Clinton's historic run at the top job in the land, I can really look both my daughters in the eye and say, "Yes honey, anything's possible, even being president of the United States," and really believe it when I say it.

Regardless of whether you are a Clinton supporter or not, the fact that she made it as far as she did is remarkable and historic, and said so much about how far our country has come. As gender barriers and race barriers continue to fall, hopefully whoever becomes the 44<sup>th</sup> president will lead this nation to a better place where barriers such as these no longer exist.

— Mary Halstrum,

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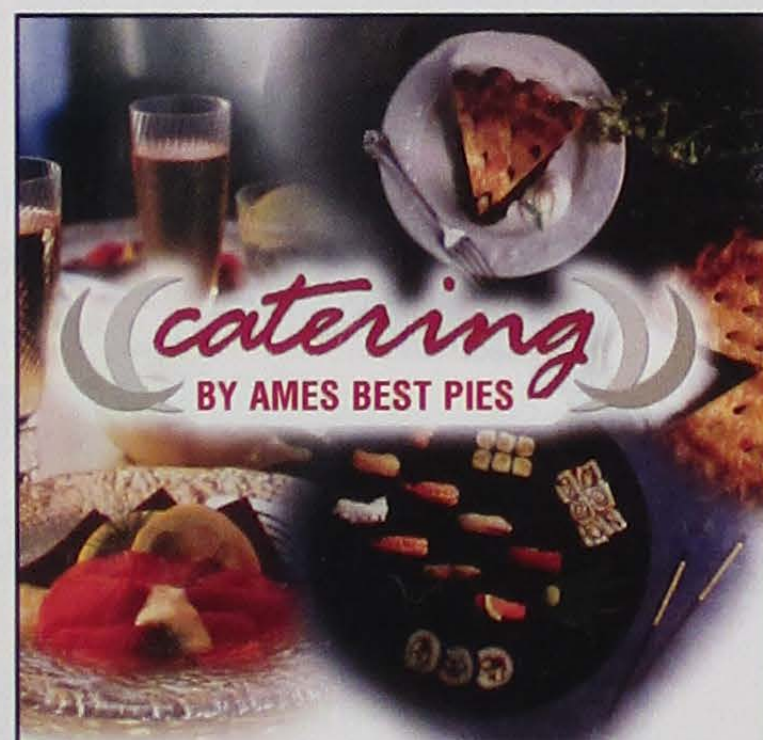
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# WELCOME TO Facets

Facet - 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.

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# Breast cancer AWARENESS

By DR. KATHY COOK

**W**omen are aware that a breast mass may be a cancer and self breast exams and mammograms can detect cancer early. There are several skin changes that can indicate uncommon breast cancers that women should also know about.

Inflammatory breast cancer is an uncommon type of breast cancer that only comprises 1 to 2 percent of breast cancers. This type of breast cancer doesn't form a lump, therefore mammograms can not typically detect it. This occurs exclusively in women typically between 40--55 but can be at any age. Inflammatory breast cancer cells invade the skin and lymph vessels of the breast and the skin becomes red, swollen and warm. This skin may have the appearance of the peel of an orange or may have a patchy looking rash and the breast may be larger than the uninvolved side. The nipple may be flat or be inverted. Lymph nodes may be swollen in the armpits. This develops and can spread rapidly and can look like a skin infection. A physician may treat this with a course of antibiotics, but if this doesn't completely clear further evaluation should be done. The diagnosis is made by a biopsy and/or a PET scan.

Another uncommon breast cancer is Paget's Disease. Paget's also makes up only 1 to 3 percent of breast cancers. One sided nipple inversion, even mild, of recent onset is a concern. Skin changes include redness, dimpling, scaling or crusting. A breast mass may be present. Paget's disease changes usually are slow in onset. Other dermatology conditions that can mimic Paget's are psoriasis, eczema, contact dermatitis, neurodermatitis or atopic dermatitis. Diagnosis is by the pattern of the reaction, biopsy and can at times be seen on mammogram.

Finally, breast cancer is the most common cancer that can metastasize (spread) to the skin. One or more nodules may be seen on the chest or other areas of the body.

If you haven't had your mammogram, and you are 40 or older, schedule it now and be aware of these other types of breast cancer that may not be seen on a mammogram.

*Kathy Cook, M.D., is a Board Certified Dermatologist who practices medicine at 500 Main Street Ames, Iowa. She can be reached at (515) 232-3006.*



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# Political woman: Mayor Ann Campbell

By MARY HALSTRUM, *Facets* Editor

**Ann Campbell, 67, is in the third year of her first term as the mayor of Ames. She brought years of experience to the table, having served 16 years on the Ames City Council, when she was elected at-large to succeed Ted Tedesco.**

"A lot of people encouraged me to run for mayor, people from a variety of political persuasions with a variety of political interests," Campbell said.

One of the several changes she's witnessed over the years she calls quite revolutionary is the advent of e-mail. Many of her constituents e-mail their concerns and comments to her, which she pours over on a daily basis.

"I've learned to be very cautious of e-mail," she said, pointing out the challenge of avoiding redundancy. "The challenge lies in knowing what to respond to, and finding opportunities for dialogue."

She said she considers bond approvals for the Donald and Ruth Furman Aquatic Center and Ada Hayden Park as two of the biggest accomplishments she has shared in during her time in city government.

She also said several national magazines, such as *Mother Earth* and *AARP* mentioning Ames, has been very rewarding for those in city government.

"We're very proud of the things we've accomplished," Campbell said. "Overcoming divisions and growing responsibly is a challenge."

Commenting on Hillary Clinton's historic run at the White House, Campbell said being a woman has never been an issue for her politically.

"However, one can't help but be pleased when barriers are broken down," she said.

Campbell obtained her undergraduate degree from Grinnell University and completed her graduate work at Brown University. She is a widow and has two children and three grandchildren.



# Mixed BLESSINGS

By JANE M. ZANTOW

**'T**is the season to be thankful, and not quite the season to go broke buying things we are thankful for. Blessings abound, even though some are mixed blessings. Wait a minute ... "mixed" blessing? Can a blessing really be mixed? There are, in fact, mixed colors, mixed metaphors, mixed emotions, but mixed blessings?

On our minds this holiday season will be more than just celebrations. Economic vulnerability. Questionable candidates. Personal stresses. All mixed in as God blesses America. It's too obvious that we don't have it all buttoned up cute and fancy. Serious issues weigh on our hearts this election and individuals everywhere are facing hardships among the blessings of this rich country we love.

We look into the faces of each candidate and measure words against reputations. Learning from our past is hard for us and trusting in the unknown harder still. Ambition and success are no longer as important as mere survival in many of our families. Our answers are not as easy as voting for the right campaign party or electing the perfect official. Something stirs deep within us and we search for solid ground when so much has shifted. In spite of the undercurrent of fear we can be thankful, however. The beauty of the season need not be tangled up with uncertainty. There is much to hold on to.



Even though this particular year of celebrations and responsibilities brings with it a challenge, each moment brings opportunity and possibility as well. When setting the table this Thanksgiving there will most likely be a bit more appreciation of what I've taken for granted in the past. The smell of pumpkin and apple pies baking will linger a bit longer as I remember again what I'm celebrating during this season of rejoicing. Thankfulness allows for taking that moment of opportunity into my hands, giving me time to wonder. Without this little skip in time when I pause to give thanks I could easily overlook the goodness of God. It's so worth the efforts to have a holiday and celebrate life!

Because of economic and personal hardships, somehow this year I am easily touched by the simplest pleasure. I don't want more. I just want to be entirely thankful. So often I let these small incidentals go without appreciating them. When there is trouble, I'm often anxious about the outcome, rather than resting in hope. Yet, a divine grace given to

us is simple gratitude. Practical pieces of life fit snugly together when placed by such a grace.

A thankful heart doesn't need to segment blessings. A trusting heart does not mean lowering my expectations. Looking to the future confidently strengthens resolve to see the intended blessing.

No matter my choice of government official, there still remains an offering of thanks. No matter my personal stress, there still remains my offering of thanks. And, no matter if the bottom drops out, there still remains my offering of thanks. If the goodness of God would never add sorrow to blessing there lies a strength of will to believe in something other than the inevitable battle to overcome adversity. As we consider the future we cannot afford to lose heart just because the way isn't paved with roses. Instead we can truly be thankful.

Accompanying the sunshine is our understanding of the rain. It is well with our soul when we look to the One who made it, and consider His ways over man's. What sustains is not crumbled by circumstance or threat if trust persists. Changes within me, and not necessarily around me, call willfulness to righteousness and restlessness to resting.

But how? Can we be grateful gritting our teeth? Is acceptance a road of robotic compliance?

Perhaps there is a deeper well with sweeter water when trusting the Giver of blessings. Will the house that washed away in the flood of adversity carry with it the memory of laughter and dreams? Could the rain possibly drown out that?

Focusing. Recounting questions of faith. Weighing honestly the mixed reality of blessing and pain, pleasure and purpose, the unknown and hope. In thanksgiving, my heart can accept both because the purpose is beyond my reasoning. Without over-riding obvious difficulties and replacing them with glazed over altruistic smiles we can relate honestly to God. Our present sadness is hard. Our hurt doesn't go away and we wonder why. Gratitude graces each trusted step where possibility is everything amidst a blessing not mixed.





# Gaining the right to vote:

*Where do we go from here?*

By ROSE ELSBECKER

**T**he right to vote for women was recognized by the United States government in 1920, after 72 years of struggles and more than 144 years after the original Declaration of Independence.

The hard-fought battle to make their voices heard began as early as May 7, 1776, in a letter written by Abigail Adams to her husband John Adams. At that time, Abigail stated, "I long to hear that you have declared an independency. And, by the way, in the new code of laws, which I suppose it will be necessary for you to make, I desire you would remember the ladies and be more generous and favorable to them than your ancestors." Further along in the letter, she wrote: "I cannot say that I think you are very generous to the ladies; for whilst you are proclaiming peace and goodwill to men, emancipating all nations, you insist upon retaining an absolute power over wives. But you must remember that arbitrary power is like most other things which are very hard, very liable to be broken; and, notwithstanding all our wise laws and maxims, we have it in our power, not only to free ourselves, but to subdue our masters, and without violence, throw both your natural and legal authority at our feet."

On April 14, 1776, John Adams wrote to Abigail Adams the following: "As to your extraordinary code of laws, I cannot but laugh." Also, "We have only the name of masters, and rather than give up this, which would completely subject us to the despotism of the petticoat, I hope General Washington and all our brave heroes would fight."

On the night of April 26, 1777, it was Sybil Ludington, 16, who rode through towns in New York and Connecticut warning that the Redcoats were coming to Danbury, Conn. She gathered enough volunteers to help beat back the British the next day. Her ride was twice the distance of Paul Revere's. Her hometown was renamed after her.

On June 28, 1778, Mary Hays (Molly Pitcher) fought side-by-side with her husband at the battle of Monmouth, N.J., continuing to fire the cannon after her husband was wounded. In 1822, she was awarded a soldier's pension of \$40 per year.

In October of 1778, Deborah Samson of Plymouth Massachusetts disguised herself as a young man and presented herself to the American army as a willing volunteer. She enlisted for the whole term of the war as Robert Shirtliffe under Captain Nathan Thayer of Medway, Mass. She was wounded twice, and went so far as to cut out a musket ball and doctor herself so that nobody would discover she was a woman.

The women's suffrage (or right to vote) movement in the United States has a long and colorful history. Lydia Chapin (Taft) (Feb. 2, 1712-Nov. 9, 1778) was noted as a forerunner of women's suffrage in Colonial America. She was listed as the first legal woman voter in colonial America, having been granted this right by the town meeting of Uxbridge, Mass., in 1756.

The first American women's rights convention was held in 1848 at Seneca Falls, N.Y., where the delegates sought to raise the status of women in American life, to make their voices heard on a number of social, economic, legal and political issues of the time, including the controversial proposal that called for the right for women to vote.

In 1904, 60 years after the initial Declaration of Sentiment adopted at Seneca Falls, the Convention of the National American Woman Suffrage Association adopted a Declaration of Principles, including the following quote: "As women form two-thirds of the church membership of the entire nation; as they constitute but one-eleventh of the convicted criminals; as they are rapidly becoming the educated class and as the salvation of our government depends upon a moral, law abiding, educated electorate, we demand for the sake of its integrity and permanence that women be made a part of its voting body. In brief, we demand that all constitutional



and LEGAL barriers shall be removed which deny to women ANY INDIVIDUAL RIGHT OR PERSONAL FREEDOM which is granted to men. This we ask in the name of a democratic and a republican government."

Another group, called the Silent Sentinels, protested in front of the White House for 18 straight months starting in 1917 to raise awareness of the issue of women's suffrage.

As you can see, the Nineteenth Amendment to the United States Constitution as proposed on June 4, 1919, and ratified on Aug. 18, 1920, was the culmination of the work of many. The amendment was called the Susan B. Anthony Amendment in honor of her years of leadership and hard work on behalf of women's rights. The amendment prohibits each of the states and the federal government from denying any citizen the right to vote because of that citizen's sex. The amendment states that Congress shall have power to enforce this article by appropriate legislation.

It took a lot of persistence, a lot of hard work, and a great deal of sacrifice to reach this goal. Most who took part in the women's suffrage movement did not live long enough to see the fruits of their labors. However, the entire world now recognizes that their work sparked an eternal flame, and turned the tide of history.

The message to us today is that our privilege, or right to vote, is one not to be taken lightly. This freedom was granted that we may have a voice in decision-making policies that affect not only the future of our nation, but our own everyday lives. Policies

dealing with education, finance, jobs, health-care, and campaign reform, veteran's rights, veteran's jobs and health-care, gun-control, homeland security and more.

The movement started with one voice. One voice joined together with many makes a difference. One pebble, tossed upon the waters, has a far-reaching ripple effect. We may never know the impact that our one vote has on our future, our children's future and the future of the world.

"Most who took part in the women's suffrage movement did not live long enough to see the fruits of their labors."

Today, there is a group called the League of Women Voters, formed in 1920, that works through education and advocacy to educate citizens concerning platform issues and policies. They do not endorse political candidates at any level, but strive to work through a grassroots movement in all 50 states to educate citizens on the issues, that they may in turn use their power to vote to make a positive difference in their world.

We have everything to gain by casting an educated vote. By standing idly by and saying nothing, or by not voting, we are letting things run the course they will. In this world of change and turmoil, it is more important that we recognize we do have the power to make a difference, and to take the opportunity to make our voices heard on Nov. 4.

Ten years from now, 20 years from now, or even 50 years from now, it may be your child, or grandchild, or friend across the sea breathing a prayer of thanks, that someone cared enough to make a difference.

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# GIVING Thanks

By SUE ULLESTAD

**I**ask my kindergarten class, "What are you thankful for?" The typical answers range from mom and dad to toys and pets. We adults step it up some to reply, "family, faith, home, health and friends. It is good for all of us to stop and reflect on the positive aspects of our lives. We would benefit if we did this often, more than one day a year. God encourages us to be thankful for all things and all circumstances, for this is His will for us. He promises to use every hardship for our good. But this is a hard lesson, and we fail miserably. Nationally, Thanksgiving is a day set aside to relax with family and friends and look at our many blessings, with no interruptions, hopefully, from outside our inner circle.



Come Lord, Jesus, be our  
guest and let thy food to  
us be blessed. Amen.

In our family, the day begins with anticipation and much preparation. Our church service is the Wednesday evening before, thus making this possible. I have the privilege to bring only a salad, milk and napkins with "Give Thanks" inscribed on them. Everyone brings a side dish or two. It is the only time during the year to relish such tastes as cream corn and candied sweet potatoes. My brother-in-law on my side has the important assignment of preparing the turkey and dressing. He usually shoots one for us from the wild. My sister-in-law/brother-in-law or mother-in-law are the ones on my husband's side who tackle the baking of the turkey and dressing. We take turns going to my family's Thanksgiving celebration or my husband's side, so going every other year. (When we were younger, we made both places in the same day -- one for dinner and one for supper!) At both houses, the good china is used and a cornucopia adorns the center of the long tables.

A special prayer is said at both houses that day. My family says, "Come Lord, Jesus, be our guest and let thy food to us be blessed. Amen. Oh, give thanks unto the Lord, for He is good and His mercy endures forever." My father-in-law says a prayer he has composed giving thanks for our every blessing of family and sustenance, but foremost, remembering to give thanks for the forgiveness of sins and salvation through Christ.

Adults sit at one table and "the kids" (anyone under 30) sit at the other table close by. The kids used to go first to pick up their food buffet-style, but in recent years, the oldest to youngest has been the acceptable order. After the meal is over, we all pitch in to help with the cleanup. Once that is accomplished, some play touch football or croquet, depending on the age and flexibility of those willing to participate. The rest of us go on a walk/talk in the crisp autumn afternoon with the sound of crunching leaves beneath our feet. Then back to the living room for board games and TV before dark.

The food is spread out again tasting just as good as the first time. Pumpkin pie is available all day long. We talk until the shadows are gone and lights are turned on. Some of us get ready to leave. Wait! We need to draw names for Christmas! I hate to see the day end. Each must go back to the responsibilities of home and job, both of which we are thankful for.

As the family expands to the next generation, the time remaining for the extended family get-togethers are dwindling. I hate to see them go to the wayside. I'm not ready for that yet. There is too much warmth and peace on that day ... Thanksgiving Day.





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## [ BOOK NOTES ]

## BECOMING JANE AUSTEN

By MARISA MYHRE

With the arts on the mind, I began looking around for a portrait of an artist whom I would enjoy reading about.

Being an English Literature major, my mind naturally turned to authors, and one of the greatest authors who seems to constantly be on the mind of readers, biographers and moviemakers is Jane Austen.

This spring and summer a movie version of the novel "The Jane Austen Book Club," as well as a film biography, "Becoming Jane," came to DVD.

As these two movies did particularly well and got more Jane Austen books off the shelf, I found myself wishing for a clearer picture of Jane Austen.

As an English Literature major I was taught there are many ways to look at a book, and while everyone has an opinion and there's no wrong answer you can see the books in a whole new way by understanding the author.

The other reason I was drawn to this idea is because Jane Austen has, I will admit, drawn me in. Many female readers have remarked that reading Jane Austen makes you feel like you develop a relationship with her, and I have felt that as well. The conversational tone of the narrator in her novels develops a friendship between herself and her readers and I wanted to know more about the friend I had developed over the years.

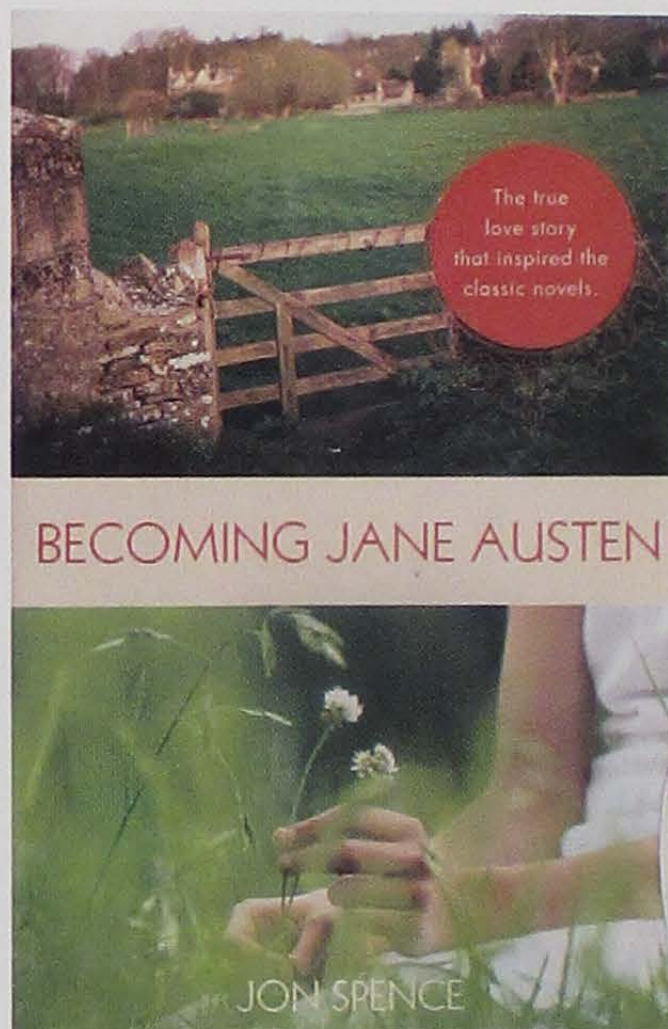
I looked for a book that most closely resembled the movie "Becoming Jane." I found a book called "Becoming Jane Austen" by Jon Spence. It was first published in 2003 and, as the author asserts in the introduction, was one of the first to suggest Jane Austen had a fairly enduring relationship with Tom Lefroy, an idea the movie took to the extreme.

The reason I imagine there aren't many biographies out there is because little is known about Jane Austen. As Spence points out, Jane Austen's sister burnt most of her letters. What little can be gleaned from them, the remaining sources gives us the only picture we

have of Jane, blurry at best.

But Spence does an admirable job of examining Jane Austen's correspondence with her sister that remains, as well as other family and friends, and even what other people had to say about Jane Austen.

He also examines her life, her brothers' lives, her advice to her nieces, tidbits from her novels. He teases out



every bit that could be a hint to her character. While it may not give us a complete picture, he gives a sketch that is certainly true.

One thing that surprised me is how little money was discussed. He didn't seem to find any evidence that those close to Jane encouraged her to marry because of the financial burden an unmarried woman was at that time. He seems to suggest, at least until her brothers began having money troubles, supporting Jane was so inconsequential that, he thinks, her brother was even willing to fund her budding career as a novelist.

But the major difference with Spence

and other biographies is that it spends a lot of time trying to highlight the connection to Tom Lefroy.

We know it is a reach to find the connection or it would have been a more popular idea before 2003, but a romantic idea of spurned love in an author who writes great love stories is too perfect to be ignored. After seeing the movie, which plays up the relationship a great deal more than even Spence would push, it's easy to see why it would work.

A few points I would say are a reach. Spence spends a lot of time ferreting out connections. He catalogs characters in Austen's novels, comparing them to characters in Lefroy's favorite book, "Tom Jones." Although I didn't discount the relationship, I can tell you, having read "Tom Jones" myself, there are a lot of characters in the book and a lot of names. A lot of very common names, as the title may suggest, and Jane Austen wasn't terribly creative herself. It may be more than coincidence but it felt like a reach to me. At any rate Spence presents these names as facts, presenting the facts and leaving the reader to decide.

But the majority of the book is about Jane's life, and in a way that is my main complaint. Spence seems to end abruptly. He spends time connecting Jane to her family and at her death, at a fairly young age before her mother, sister, brothers, or nieces we have been introduced to, the book is over. No epilogue offers the story of their lives. The family tree gives dates so a general timeline can be found with some digging, but it seemed like an incomplete picture to me.

I wanted to give one more warning to readers. This is a pure biography. It isn't a novelization. It isn't a fast and easy read. It is a true biography. It offers facts and the author's opinions, but it is not a fast easy fluffy read as some Austen readers might be more familiar with.

In the end this is a good solid biography. Anyone looking to find out more about Jane Austen could pick up this book confident that she will get all the facts.



# POLITICALLY CORRECT • exercise

By DEBRA ATKINSON

**Y**ou belong to one party or another. Just what is your fitness affiliation? You may be a conservative or a liberal. You may be a staunch cardio queen or a liberal gym junkie flitting from cardio classes to weight room to down dog.

If you're very conservative, your approach to the same routine the same time of day year after year doesn't bring about big changes but it gets done. You're consistent the majority of the time.

If you are more liberal in your activities you may fit physical activity into your day wherever it works. It may involve different and new activities regularly so there is much variety in what you do and the benefits from it. You are likely to take advantage of a sunny day and head for a long walk around Ada Hayden one day, hit an early morning cardio-strength training class before a meeting the next day, and look forward to a winter break ski trip that puts physical activity into your vacation.

You may not be casting your vote. You can't seem to find the activity worth investing time and energy that has benefits that will pay off enough for you. You can find fault with any of the options. You've tried walking and jogging and get a pain in the hip or the knee that stops you for months. The stationary bike just didn't do it for you. You've tried the strength training routines that you recall from high school when you felt more in shape.

The time has come to debate the conservative and liberal approaches and bring in a new era of fitness policy. Find a more solid platform on which to base your fitness decisions and your fitness forecast will be brighter.

## ★ CEO OF YOU

First, realize that you are the commander in chief of you. The leadership that you follow should never replace your own good judgment. You may think that some of the fitness speak that comes from your personal trainer or group fitness instructor is foreign policy to you. It shouldn't be. Find someone who can interpret better for you and don't change your path because of the location or leadership philosophy you're under; only change because you are convinced that it makes sense for you.

## ★ THE PROS AND CONS

The conservative approach follows the 80/20 rule. It's safe and if it's true as many fitness professionals will tell you, consistency is the biggest key to success. So why not continue doing the same program as long as it's been working? Why not stay on the

machine weights and continue to perform your 20 minutes two to three times a week on the cardio equipment or get a few walks in outdoors?

The rest of your body and your life are not staying consistent is why. Your muscle mass as you age is declining. Your bone mass is declining. You are living in a body that because of science and perhaps good care might live to be 100, but was built to perform well for about 40 years. If you don't make adjustments for some of the declines that will occur as you age, the same old exercises just aren't going to work. You've been lucky. Like a young child who has more natural coordination and reaction skills who then later is outsized by his peers. Without a work effort to keep up, he won't be able to experience the same amount of success at the same activities.

The liberal approach provides variety of muscle challenge and cardio activity as well

as flexibility enhancing activities. You gain a more balanced body by using it in different planes and with different muscle groups being the key focus.

Yet, you aren't seeing all the results you want to because you are guilty of one or two things. Your skeleton in the closet is the fact that you don't take time off. You do something every day but don't plan down time and rest enough in between your activities to allow recovery that leads to improvement and better fitness. A second fault of a liberal approach is that intensity is not present. An absentee ballot cast by intensity does not count. There is no mailing it in. Doing more volume doesn't make up for a lack of intensity- it isn't another option, it is just a detour from the right path. This is not to say every workout has to be intense, just that every big picture has to have more intensity and less intensity planned on purpose in order to get results and change. Then there's hope.

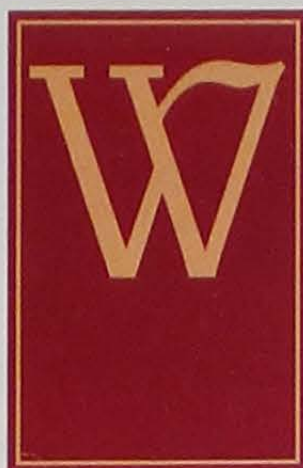
## ★ THE FINAL VOTE

If you are choosing not to move, you are choosing to welcome illness, disease and to be less than your best. If it hasn't worked before, it isn't you; it may just have been your approach. Rather than jump into an exercise routine that is working for someone else, or that seems sound in terms of fitness advice, you first need to address what is going on with your body. What is your static posture – that is before you begin moving? What are your body mechanics doing a few basic exercises? If you have muscle imbalances – areas that are weaker and stronger than they should optimally be – it will be hard for you to lose the weight you want, tone the area you want, feel the energy you deserve to have. These things are first priority and then the rest will more easily fall into place. It will take time and effort, yes, but if you set the right foundation and get the right running mates, you will get there.

## ★ YOUR ACCEPTANCE SPEECH

Acknowledge that change is inevitable. Acknowledge that you want to continue getting better, rather than standing still or sliding backward. Veto any negative thoughts and get on with it!

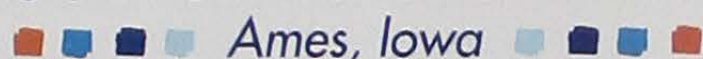




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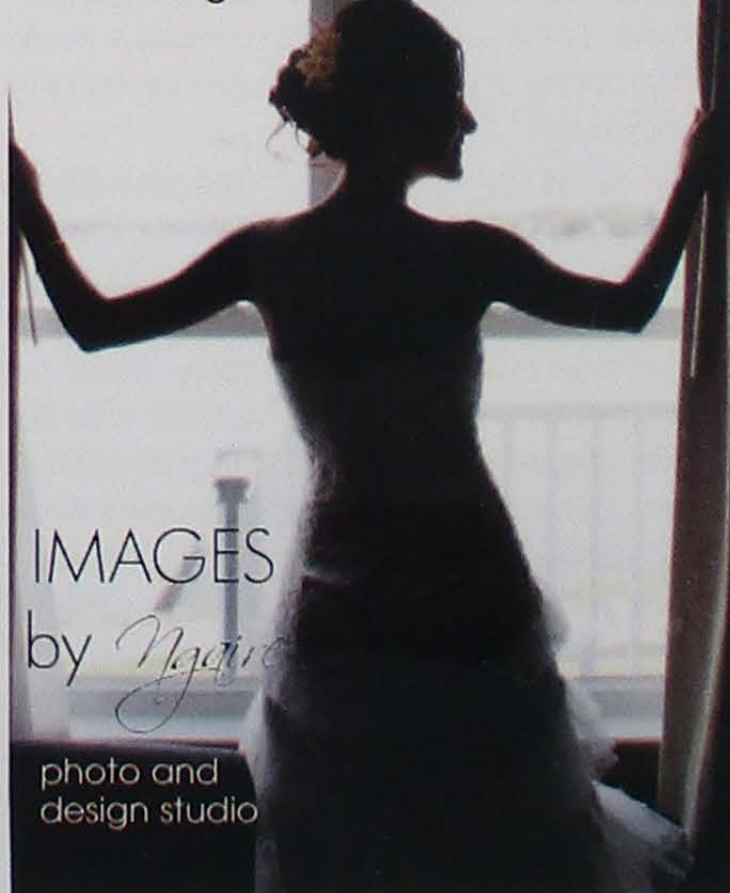


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### Peggy Karr Glass



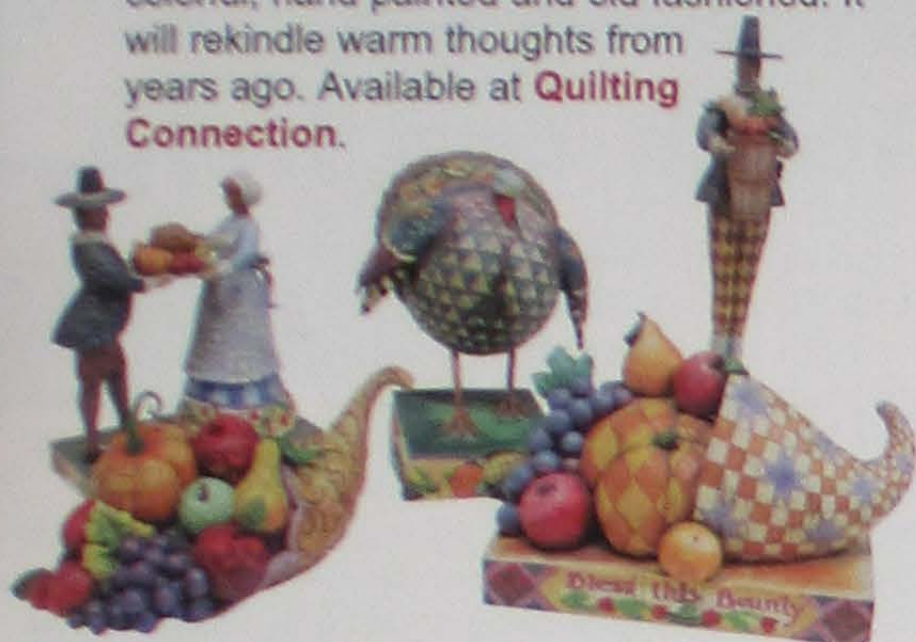
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# No matter what your situation is The Ames Contracting Team can help...



"They went the extra mile to make sure the bathroom looked great, and to make sure it was what I asked for..."

-Joe Rippetoe

It's no secret that the Ames Contracting Team can help with any contracting job, big or small, but in this case it was a big project, in a very small area.

A few years ago, Joe Rippetoe injured his ACL playing basketball. After a successful knee surgery, his doctors told him there was a big possibility he would develop arthritis in his knee. Joe was not given a time frame on when limitation on his knee mobility might start to bother him, but he knew that when it did, making a trip up and down the stairs to bathe in his only full bathroom in his home would only worsen his condition. There was a small half bath located on the first floor, but it seemed impossible to fit in the existing toilet and sink and add a shower in the small space. When Joe contacted the Ames Contracting Team, they said it would be a challenge, but felt confident they could make it work.

Ames Contracting Team drew up blueprints, had them approved by the city inspectors, and started the job right away. The space was so small it was difficult to get two workmen in the area at the same time.

First, Ames Contracting Team rotated the toilet, and found a small yet higher up toilet which not only provided more space, but is also a lot easier on Joe's knees. They also found a small pedestal sink to provide more space for the shower. Ames Contracting Team's biggest challenge was to make space for a shower; they had to remove an

exterior wall, and then add to the bathroom a 4' x 4' exterior space between the original house and a sun room addition. A new drain for each new plumbing fixture had to be installed. When flooring and plumbing were completed the bathroom was expanded and there was room for a small new shower. The house had aluminum siding put on 20 years ago, and matching siding would have been hard to find. Oren and his team were very careful to preserve the removed siding for use on the new exterior wall. "They were incredibly attentive to making sure the newly extended bathroom blended in with the existing house" said Joe.

Joe Rippetoe was confident that the Ames Contracting Team would do excellent work, not only had Gibbs done their furnace and plumbing work for many years, they had heard from friends that the Ames Contracting Team's work was among the best in the area. "They went the extra mile to make sure the bathroom looked great, and to make sure it was what I asked for," said Joe. "I had a plan of how I wanted the bathroom to look, and the Ames Contracting Team gave input to make sure the bathroom was esthetically pleasing, and would be functional and practical."

Joe Rippetoe was extremely pleased with the Ames Contracting Team's work, and would recommend them to any one no matter how big or small. Call them today to discuss your project.

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Photo by RONNIE MILLER/FACETS

## Candice Williams finds her calling at **BOYS & GIRLS CLUB**

By MARY HALSTRUM, *Facets* Editor

**C**andice Williams was never exposed to the Boys & Girls Club of Story County during her childhood in Ames. And now, at 22 and employed as the education director at the Club, she regrets missing that experience.

"It's so important to be around different groups of people, to be exposed to diversity," Williams said. "I love kids. Kids and people are my passion. I can't imagine myself doing anything else." Williams is an Iowa State University graduate with a degree in child, adult and family services, and a minor in sociology.

She did her practicum at the Club when she was a sophomore in college and has now been working there for nearly a year and a half.

Tami Miller, resource development director of the Ames location, recognizes Williams as a young, professional woman who provides a positive role model for the underprivileged youth who come to the Club, especially the girls.

"Candice goes above and beyond in bringing creative ideas to the Club. There are kids who don't come to the Club anymore for whatever reason, but they still call Candice to talk to her about different things," Miller said.

"The Boys & Girls Club is all about making new relationships," said Williams, who also strives to form relationships with the parents of the children who frequent the Club. Parents are encouraged to join their children at the Club for dinner.

The original after-school program, the Boys & Girls Clubs of America has been welcoming kids through its doors for more than 100 years.

Boys & Girls Clubs of America can actually trace its beginnings back to 1860 with several women in Hartford, Conn., who believed that boys who roamed the streets needed a positive alternative. These women organized the first Club, and a cause was born. Back in 1906, several Boys Clubs decided to affiliate. The Federated Boys Clubs in Boston was formed with 53 member organizations. To recognize the fact that girls are a part of its cause, the national organization's name was changed to Boys & Girls Clubs of America in 1990. Accordingly, Congress amended and renewed the charter originally given to the Club in 1956.

Over the years, the Club has served some 4.8 million boys and girls at some 4,300 locations. Clubs are located in all 50 states, Puerto Rico and the Virgin Islands and on U.S. military bases around the world. Celebrities such as Denzel Washington and Jennifer Lopez are former Boys & Girls Club members.

It's no wonder that children from all walks of life belong to the Boys & Girls Clubs of

America considering the extremely low cost, about \$12 a year, which includes an after-school snack, dinner and transportation from school to the Club. United Way is the primary funding source for the Boys & Girls Clubs of America.

According to the Boys & Girls Clubs of America Web site, membership numbers break down as follows:

- 65% are from minority families
- 11% are under 7 years old
- 26% are 7-9 years old
- 29% are 10-12 years old
- 21% are 13-15 years old
- 11% are 16-18 years old
- 2% are older than 18 years old
- 55% are male
- 45% are female

"We're teaching them to be leaders and to be productive members of society, to be part of a community. When they come in here and don't use manners or correct grammar, we correct them," Williams said.

She beams when she talks about hanging up artwork completed by Club members in the Learning Center.

"When the kids walk in here and see their artwork and pictures hanging up on the walls, they feel a sense of accomplishment and ownership. This is 'their club.'"

Williams credits her parents, Randi and Steve, for giving her the support she needed through the years.

"They pushed me and challenged me. It's because of them that I'm successful," she said.





# CROCKPOT applesauce:

*A natural pot pourri*

By JOLENE PHILO

**N**ovember family visits to the local apple orchard are some of my most enduring childhood memories. I watched with fascination as Mrs. Hersberger filled our gallon jug under the spout of the wooden cider press. My teeth ached as I anticipated the first crunchy, juicy bite of an apple, fresh-picked from the orchard. But most of all, I savored the fruity smell of the barn, lined with bushel baskets labeled by variety – Jonathans, Winesaps, Haralsons, Cortlands, Pippens and many more.

Hersberger's Orchard is long gone, but each fall I conjure the smell of the old barn by making applesauce in the crockpot. You can, too, using the steps below. And if you involve your family in the process, you'll create a tradition to be remembered fondly for years to come.

## CROCKPOT APPLESAUCE

12 – 15 medium apples  
¼ – ½ cup sugar

1 cup water  
1 – 2 teaspoons cinnamon

Scrub apples with vegetable brush. Quarter each apple (do not peel or core) and put them in the crockpot. Add water. Cook for 8 – 10 hours, stirring occasionally, until apples are soft and mushy. Place colander over a large mixing bowl. Ladle cooked apples into the colander and press them through the colander. When finished, stir sugar and cinnamon (to taste) into sauce. If sauce is thick, add a little water. Serve warm or cold. Store in the refrigerator for a week or freeze some to enjoy later.

If you prefer chunky applesauce, peel, core and slice the apples before putting them in the crockpot. Once the apples are soft, don't run them through the colander. Just add sugar and cinnamon and you're done.

## FREEZING APPLESAUCE

Spoon extra applesauce in rigid plastic containers. Leave a head space as the sauce will expand as it freezes. According to ISU Extension's food freezing guide, sauce should be used within 8-10 months.

## AREA ORCHARDS

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- Storybook Orchard near Story City:  
(515) 733-4474
- Appleberry Farm near Marshalltown:  
(641) 752-8443 or [www.appleberryfarm.com](http://www.appleberryfarm.com)

## WHICH APPLE'S BEST FOR WHAT?

Not all apple varieties are good for everything. If you want to know which apples to choose for sauce, pie, salads or eating raw, check out the chart on this Web page: <http://www.dealsorchard.com/apples.html>



# november calendar

## SATURDAY, NOV. 1

**Central Iowa Symphony** will perform at the Ames City Auditorium at 7:30 p.m. Ticket prices are \$14 for general admission; \$11 for seniors (65+); \$5 for students of all ages; children age 5 and under are free. For more information, call (515) 239-5365.

## SUNDAY, NOV. 2

**The Vanguard Jazz Orchestra**, a Grammy winning 16-member ensemble, will perform. The music here is dynamic — sometimes fiery and frantic, other times subtle and caressing, but always on the move. Concert begins at 7:30 p.m., Stephens Auditorium. Tickets are \$41 and \$37 for adults; \$22 for youth; and \$20 for ISU students. For more information, call (515) 294-2479.

## MONDAY, NOV. 3

Women's basketball coach, Bill Fennelly will be speaking from noon to 1 p.m. in the Sun Room at the Memorial Union as part of the **Coach Talks Series**. The Iowa State University Student Activities Center is hosting the Men's and Women's Coach Talks Series again this year. Students, staff, faculty and community members are welcome to attend. Please bring your own lunch and your questions. Door prizes are awarded at each Coach Talk. Coach Talks is a series where Cyclone head basketball coaches will meet with fans and answer questions about the basketball season. The event is free of charge. For more information, call (515) 294-8081.

## TUESDAY, NOV. 4

**Getting Ready for Retirement**, The Memorial Union, from noon to 1 p.m., 3534 MU. Developing a sound financial strategy for retirement can make a big difference. When you're three to five years away from retirement, you may be wondering what your options are and what to do next. Now is the time to get answers to some important questions and begin planning. For more information, call (515) 268-8601.

## WEDNESDAY, NOV. 5

SUB Presents **"Grandma Mojo's Moonshine Revival, Student Sketch Comedy Troupe."** Let the students of ISU's improv sketch comedy troupe make you laugh until your stomach hurts. Doors open at 9:30 p.m. Show begins at 10 p.m. Maintenance Shop, cost is \$1. For more information, call (515) 294-8349.

## THURSDAY, NOV. 6

Five-time Grammy winner Billy Joel and legendary director/choreographer Twyla Tharp have joined forces to create the spectacular musical Time Magazine declared "The No. 1 show of the year!" The New York Times call **Movin' Out** "a shimmering portrait of an American generation." **Movin' Out** brings 24 Billy Joel classics to electrifying new life as it tells the story of five life-long friends over two turbulent decades. It all adds up to one unforgettable Broadway musical. Ticket prices are \$47 and \$43 for adults; \$25 for youth; and \$20 for ISU Students. Tickets are available at

the Stephens Ticket Office or through ticketmaster at ticketmaster.com or by calling (515) 233-1888. Doors open at 6:45 p.m., the show starts at 7:30 p.m.

## SATURDAY, NOV. 8

**Crochet & Knitting Group.** Tweens, teens and adults are invited to crochet and knit together on the second and fourth Saturdays of each month. Everyone is welcome, from beginners to experts. Bring your project/supplies if you have them. Some supplies are available for beginners. From 9:30 to 11 a.m. in the Founders Suite.

## SUNDAY, NOV. 9

**Guest Curator's lecture by Claude Baillargeon** at the Brunnier Art Museum, second floor, Scheman Building, 2 p.m. To reaffirm the urgency of a global response, this presentation features case studies from around the world from the dual perspective of reckless stewardship and collateral damage. This talk emphasizes the dramatic impact that globalization is having upon our shared environment, while bringing attention to some of the people afflicted by its sprawling toxicity. For more information, call (515) 294-3342.

## TUESDAY, NOV. 11

Men's basketball coach, Greg McDermott will be speaking from noon to 1 p.m. in the Sun Room at the Memorial Union as part of the **Coach Talks Series**. The Iowa State University Student Activities Center is hosting the Men's and Women's Coach Talks Series again this year. Students, staff, faculty and community members are welcome to attend. Please bring your own lunch and your questions. Door prizes are awarded at each Coach Talk. Coach Talks is a series where Cyclone head basketball coaches will meet with fans and answer questions about the basketball season. The event is free of charge. For more information, call (515) 294-8081.

## THURSDAY, NOV. 13

**Arrangement of the Month.** In 2008 we are celebrating literature in the Garden with the theme year entitled, A Novel Garden. Join us as we create a unique floral arrangement to take home with local florists and floral designers inspired by classic and contemporary books and stories. Begins at 7 p.m. The Language of Flowers will be presented by Melanie Cornwell, Mary Kay's Flowers & Gifts, Ames. Cost is \$25 for CoHorts' members; and \$30 for the general public. Pre-registration and payment is required. For more information, call (515) 294-2710.

## SATURDAY, NOV. 29

**Wreath Making Workshop.** Learn how to assemble a holiday wreath with Reiman Gardens' staff. They will guide you through the steps to use evergreens, specialty greens, and other materials to create your own seasonal decoration for your home. Begins at 9 a.m. Cost is \$30 for CoHorts' Members; \$37.50 for general public. Pre-registration and pre-payment required. For more information, call (515) 294-2710.

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# Girlfriend's guide to financial independence

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Photo by NGAIRE WEST-JOHNSON

## Politics and Main Street

By KAREN PETERSEN

**W**ith elections in a few days and Wall Street in turmoil, it's a great time to talk about politics and the economy. This month I asked two Main Street business owners, Pat Redlinger and Judy Gilger, to tell me about the financial issues that are important to them. Judy Gilger and her husband Mike have been in business as Gilger Designs for nine years. Nature's Touch, Pat Redlinger and her partners Annie, Emmie and Cosette have been in business on Main Street for 17 years.

### GOLD, ESTATE TAX AND HEALTHCARE

Judy says, "Market conditions have created change in our business; we've never had so many people, mostly women, exchange gold for cash. The price of gold entices many to part with non-sentimental jewelry."

Pat's family farm background has her focus on estate tax changes. In 2006-2008, you can leave an estate valued at \$2 million and pay no estate taxes. In 2010, the estate tax is repealed and you pay no estate tax. This is the problem; in 2011, if there are no changes, we go from no estate tax to taxing



all estates above \$1 million. Here is an example: If your estate is worth \$3 million and you die in 2010, you pay no estate taxes. If you are unfortunate enough to die in 2011, your estate tax bill on that same \$3 million could be nearly \$800,000.

If you are not in the position to inherit, why would estate tax reform matter to you? Pat says, "The estate tax should be repealed, all the money should go to the heirs; do you want the government to decide how to use that money or should the money be in the hands of individuals who will invest and spend? Let's grow the economy, not the government."

Health insurance is high on Judy's list of issues to change. "Each year the cost of insurance increases, and as business owners we pay 100 percent of the cost. This is not just about business owners; after age 65 we all pay the total cost of health insurance."

Pat sees the cost of insurance as an escalating problem. "When the cost of insurance increases, fewer people can afford coverage, we have more people uninsured and ultimately insurance premiums are increased again to cover the cost of the uninsured."

#### ADVICE FROM WOMEN ON MAIN STREET:

Here is advice from Judy:

- From my dad, "When times are tough focus on the essentials first."
- Judy's 24-year-old son Michael Joseph says, "Circulate that money. The economy will stall if spending stops."
- And from Judy, a business owner here to serve the community ... spend locally.

Pat's advice is short and to the point:

- It is never too late to invest
- Never stop investing
- You have not lost money unless you sell.

#### POLITICAL PARTY AND INVESTMENTS

Which party will be better for your financial future? In the past 50 years the average annual stock market return under Republicans was 10.7 percent and the return under the Democrats was 12.8 percent. Truth is, just as in investing, past political performance is no guarantee of future results. If historic returns suggest anything, it is that both parties contribute to the nation's long-term fiscal fitness.

Maybe instead of asking which political party is better for your long-term financial security you should be asking:

Are my investments properly diversified?  
Am I resisting the temptation to time the market?  
Do I have an advisor to help me stay focused during surges and slumps?

Because life is.....more than money

Karen L Petersen CFP® CDA™ is a fee based financial advisor. You can contact her at 515-232-2785 or karen@mymorethanmoney.net.

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families who make an  
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Iowa KidsNet is the statewide  
collaboration of agencies that recruits,  
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partnership with the Iowa Department  
of Human Services. Iowa KidsNet will  
hold events throughout November to  
celebrate National Adoption Month  
and encourage more families to  
make a difference in the life of a child  
through foster care or adoption.

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foster care turn 18 and age out of foster  
care without ever finding a family.

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# 'Politicalesse'

By PEGGY BEST

**The definition of legalese:** *The specialized language of the legal profession.*

**The definition of motherese:** *The name given to the restricted sort of language spoken by mothers and other primary caregivers to their young children, the main function of which is to teach the child the basic function and structure of language. Adults make an unconscious effort to stretch the signals, exaggerate the acoustic components that are exactly the dimensions that the baby needs to pay attention to in order to form the mental maps for speech (i.e. babytalk).*

There is no definition available for politicalesse, however after watching a few debates this fall I have made up my own definition and here it is:

**Politicalesse** – *The specialized vocabulary spoken by any politician above the level of senior class president. The main function of which is to completely avoid answering any direct questions by intentionally redirecting answers to focus on topics they have stored away as a memorized response and never having anything to do with the question originally asked.*

In watching the debates over the past month, as serious as this election is for all of us, I have focused on the inability of any politician to answer a single question in a straightforward fashion. Even a "simple yes or no question" was answered by each candidate with, at least, a five-minute discussion of anything BUT answering the actual question.

I wonder, as a wife and mother, if using this "politicalesse" in our everyday life, what would it look like, and would it work?

**HUSBAND:** "Honey, have you seen my keys anywhere?"

**WIFE:** "I'm really glad that you asked that question, and I appreciate the concern you express. Let me make this perfectly clear, my friend, that I have a long record of driving responsibly, just look it up, do your research. Now you, on the other hand, received a speeding ticket just last year which directly redirects the direct responsibility that is within your reach."

**HUSBAND:** "Never mind, I'll walk."

**SON NO. 1:** "Mom, can I have a banana?"

**MOM:** "The budgeting for grocery needs for our family has gotten very loose and needs to be overseen at a greater level. We have really lost sight of what's important and what is wasteful. Just by looking at the records over the past two years you have consumed more than 124 bananas and 175 apples. Last week you left half of your banana bread too close to the edge of the counter and the dog got a hold of it and ate it. It is imperative and essential that we are all more careful about watching what we have accumulated to date and how we redistribute our resources."

**SON NO. 1:** "Never mind, I'll go ask Grandma."

**SON NO. 2:** "Mom, I'm going over to Joey's after school tomorrow to study. Can you pick me up at 5:30?"

**MOM:** "I'm really glad that you asked that question. Now your father has shown in the past that he is not timely in his responses so you have come to the right person. Look at my record, my little blond-haired friend, I have repeatedly shown my responsibility for each of you in a fair and equal manner that will determine the outcome of your youth. We have had some difficult times these past eight years, and I promise that change is coming. It may, however, need to get bleaker before it gets better, but if you follow my "mom plan" we will most assuredly succeed together. What is important to remember is that I'm looking out for your best interests and I love you."

**SON NO. 2:** "So, is that a yes or a no?"

**MOM:** "Maybe."



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# YOUNG VOTERS

By ANN GREEN

**T**he upcoming election is the topic of choice among many people. You hear about it on the news, read about it in the paper, and just walking down the street you are reminded of it. Even answering the telephone invites a conversation regarding specific candidates. As an adult living in the United States, I accept this as an important part of our culture. Yet, I wondered how young adults, those pursuing their education or settling into their first homes, handle their first exposure to the ongoing presidential conversation. I met with three young voters who were articulate, informed and involved. They are young adults who not only handled the conversation; they jumped in head first.

## EMILY EGGLESTON:

### *Involved Democrat*

The fact that this is a historic campaign was determined a year and a half ago. Twenty-one-year-old Iowa State University senior Emily Eggleston hopes America is able to see past gender and race to look at what political candidates have to offer as leaders.

Eggleston's parents influenced her views, but, as independents, they did not encourage a single party. Her high school AP government class piqued her interest, but it was her ISU political science and economics professors and her college peers who have influenced her the most. Eggleston says "I want to know about the process that shapes my life every day. If I can influence that, it makes sense to take advantage of it."

Eggleston donates several hours to Sen. Barack Obama's campaign. The majority of her time is spent clipboarding, which is standing with a clipboard to sign up early voters. She's canvassed college students to drum up support for the campaign, and worked in the Ames democratic office.

Though she recognizes her age group

has been heavily targeted by the Obama campaign, Eggleston is amazed at the number of people the campaign has actually reached. She acknowledges it has truly been a grassroots approach. This approach can be seen in how the campaign is funded. Eggleston feels the millions of small donations that fund Sen. Obama's campaign underscore the belief that government officials serve the people who have a vested interest in them, better to serve the people than big business or lobbyists.

Eggleston stays informed by reading newspapers and comparing candidates' stands on issues on their Web sites, specifically BarackObama.com and JohnMcMain.com. After viewing the debates and reading policy proposals, she appreciates Sen. Obama's multi-dimensional, multi-faceted approach to issues and challenges. For example, his energy plan draws on environmental, economic and social issues. She concedes his lack of national service may be construed as a weakness, but is quick to



point out Sen. Biden's experience more than balances Obama's, and together they would bring a new awareness to the office.

As an agronomy and environmental studies major, Eggleston is concerned with our economy, specifically rising unemployment, and how environmental policy is approached. Her international travels have influenced her interest in foreign policy.

After all her time invested in this year's election, Eggleston is concerned with the number of people not interested in the campaign. After all, how can you influence the political engine that shapes your daily life if you don't take an interest in the elections?



## BRYAN WHITE

### *Informed Republican*

Bryan White likes to stay informed. He says "Young people, old people, all people, should get involved in the (political) process. Actually look at the candidates' voting records and don't just take their word for it." White watches mainstream networks like Fox and CNN and utilizes the internet. For a different perspective, he reads European AP reports. To get an unbiased picture of voting records he relies on Congressional Web sites and Project Vote Smart.

White, a 23-year-old senior at Iowa State University, has been interested in politics since the 2000 elections. He has been influenced by the works of Thomas Jefferson, Thomas

Hobbes and Thomas Paine's "Common Sense" and "Voice of Revolution."

Before last year's primaries, White was interested in Sen. Sam Brownback from Kansas. When Brownback finished fourth in the straw polls, White began searching for a new candidate. He now feels Sen. John McCain best represents the Republican values. Sen. McCain has shown he can balance a public life and family life, and he has 22 years in public service. White acknowledges McCain's years in Washington make it more difficult for the senator to identify with Main Street America.

As a Christian and ISU senior, White is



concerned with abortion and education. The economy is an ongoing issue, White worries about the job market for college graduates.

White has volunteered at the Boone County Republican office and helped at the Republican booth during the county fair. Since the media often portrays his generation as democrats or liberals, people are often surprised with his well-informed views.

While it is a historical election, White considers it one of the most important elections to date. It is still a wide open race, so again, he encourages people to get involved and get informed.

## ABBIE WIBE:

### *Young and Involved*

Abbie Wibe has collected signatures for applications for absentee voting, talked to fellow students and teachers, and made a poster for a local Democratic sign contest. She says, "If I can persuade people to vote

for who I think should be in office because it affects my future, then I still have a little say in it." And when she says little, she means it. Wibe, a 17-year-old student at Madrid High School, is not yet old enough to vote. Her interest in politics can be traced to her personal interest in stem cell research and an eighth-grade enrichment class. In 2004, incumbent President George Bush was running against Sen. John Kerry. Though the emphasis was on the invasion of Iraq and the war on terrorism, there was enough discussion about stem cell research to pique Wibe's interest. When her enrichment class conducted a political survey, she was hooked.

Now, four years later, she is volunteering for Sen. Obama's campaign. His message of change resonates with Wibe, who feels the talk of a looming recession and the nation's involvement in the Iraq War will require drastic changes in the White House.

Though still interested in stem cell research, three other issues concern Wibe. Ironically, the teenager is concerned about Social Security, and is unconvinced Sen.

McCain's proposed plan will succeed. She considers Sen. Obama's stand on the Iraq War a measure of his strength. While much has been made of Sen. Obama's political experience, Wibe concedes this may be viewed as a weakness, but argues, as the economy sours, this may actually distance him from the political blame game. With President Bush in office, she predicts Republicans will feel the brunt of the blame.

Wibe has made an effort to be informed. She reads newspapers and magazines and receives internet updates from Obama's Facebook group. Representatives from Senators Obama and McCain have visited her government class.

In fact, Wibe credits Mr. Mertz, her government teacher, for encouraging her political interests by stressing the importance of politics and the need to vote.

Maybe Wibe could add to Mr. Mertz's message, that even those too young to vote have some power to inform, persuade and influence the political machine that, ultimately, affects their lives.

# hue & cry

*Definition: Any loud clamor or protest intended to incite others to action.*

By MARY HALSTRUM, *Facets* Editor

As Nov. 4 draws near, voters across the country are making up their minds about which candidate they'll cast their ballots for in the General Election. Nov. 4 also marks the end of something horrible that happens prior to every election, especially the presidential election, negative campaign advertising.

I recently moved into a new house, and had to wait more than two weeks for my cable to get hooked up. We had a couple of antennas for a few of the televisions, but it's just not the same when you only have five or so channels to choose from, so I hardly watched any TV during this time. It was so refreshing not to see presidential hopefuls John McCain and Barack Obama attacking each other via campaign ads. And they both do it. What I really hate about negative campaign advertising is that each candidate is so busy telling us what the other guy has done wrong he never really gets around to telling us what he -- the guy whose ad it is -- has done right, not to mention these ads are often filled with half-truths and inaccuracies.

And to think these ads are how millions of voters actually get their information about the candidates prior to Election Day. Scary thought, huh?

This election is unique in the fact that there are so many undecided voters this late in the game. Obama and McCain have been in a close race for months now, and voters who label themselves as independent could very well be the ones who sway this election one way or the other. Most Democrats and Republicans have probably already tossed their support behind Obama or McCain. Political pundits have offered up various reasons for the increase in undecided voters compared to past elections including Obama's inability to bring Hillary Clinton supporters into the fold, McCain's inability to distance himself from President George W. Bush's administration and policies, Obama's lack of experience, and McCain's choice of Sarah Palin as his running mate, herself lacking experience. This last move has been heralded as either a stroke of genius or completely crazy.

One thing is clear; this country is in deep economic trouble. First it was the government seizure of home loan giants Fannie Mae and Freddie Mac, then the bailout of American International Group (AIG), followed by the \$700 billion rescue of Wall Street. Times like these haven't been seen since the days of the nationwide savings and loan scandal back in the early '80s, and the farm crisis around the same time. Investors are nervous, unemployment is climbing, the middle class is disappearing and there is no real end in sight for the Iraq War. Whoever wins on Nov. 4 needs to take the reins and get this country back on track.

Regardless of who your choice will be to lead this great nation, I urge all eligible voters to exercise their right to vote. It is an important right that some people take for granted. Hopefully the years of extreme voter apathy are behind us, and a high percentage of eligible voters will take part in this election. My philosophy is, if you're eligible to vote and you don't, you have no right to complain. End of story.



# meet a faceted woman

**Name:** Heather Johnson

**Age:** 30

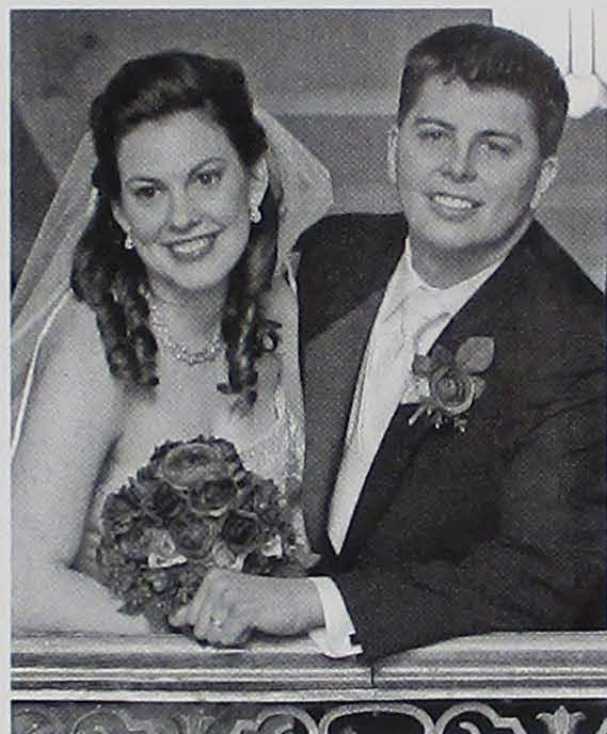
**Position:** Curator at the Octagon Center for the Arts in Ames

**Family:** husband Chad

**What would you do with \$1,000 to spend on yourself?** I would treat myself and my three sisters to a spa day for some pampering and relaxation.

**Your favorite meal:** Beef Pad Thai

**Craziest fashion you ever wore:** Dressing up in 70's prom dresses with my sisters, and going out to eat in public with them on.



Heather and Chad's wedding day.

**I never leave home without:** Chapstick and some sort of breathmints or gum. I fear halitosis.

**Your favorite motto:** Do unto others as you would have them do unto you.

**What makes you happy?** Seeing other people happy, and surprises such as receiving a card completely out of the blue in the mail from a dear friend or family.

**What makes you feel confident?** Knowing that I have invested my best effort in a project whether at home or at work, even if it doesn't turn out exactly like I expected.



Heather and Chad in front of the Colosseum in Rome.

**What makes you laugh?** Watching my nieces and nephew or other young children being goofy and showing off.

**Do you believe in New Year's resolutions? Do you have one this year?**

I believe resolutions can begin any day of the year, not just New Year's. I turned 30 last month, so my resolution is to not only be a bit healthier, but to also enjoy the little moments in life that might usually get looked over because of rushing around and choosing to be too busy day after day.

**Best tip to look and feel great:** Smile! It really does make a difference.

**How do you take care of yourself financially?**

I always set aside a certain percentage of monthly income for savings. I also try to work as much as possible with a set monthly budget for various areas using mostly just cash. This way I'm not as tempted to splurge on multiple frivolous items that would drastically deplete my cash flow.

**If you could do or be anything you want, what would it be?** I would love to be a writer/photographer for a travel magazine and get paid to experience exotic places located all over the world.

**How do you reward yourself?** I would reward myself with a white chocolate mocha from Café Diem and a new music CD.

**My idea of a nightmare job:** Working in a small cubicle in a dark basement with no windows, no contact with the outside world, and no outlet for

any creativity in the workplace.

**My simplest pleasure:** Curling up with a great book, a mug of coffee or chai (or a glass of wine) and some soothing background music.

**I crave:** Creativity. Whether it be in the office, at home painting or photographing nature.

**I secretly love:** Watching the remodeling shows on HGTV.

**When I am an old lady:** I hope to still feel young at heart and not let age be a limiting factor at all. Age should be determined by how you feel, not by the number.

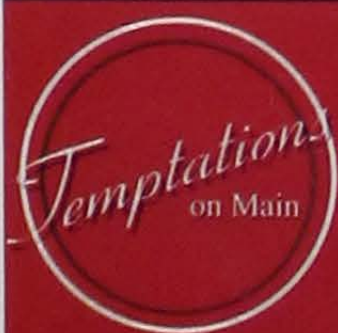
**I am thankful for:** My wonderful family and friends

**Favorite wardrobe staple:** A good pair of earrings to add a bit of character.

**What financial advice would you give other women?** Keep track of where your money is going. Even if you don't set a specific budget, recording how much you spend on a daily basis, and where it's going can be quite the eye opener. Especially if you are trying to save for a big expense such as vacation or a car, you'll be able to review how making a small change in spending habits could save you a lot of money over time.



Heather, second from left, with younger sisters Faith, Hope and Charity.



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### HEATHER JOHNSON:

*I love milk chocolates with a caramel center.*

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